

Family Support Center Bulletin

"News You Can Use"

94 AW Dobbins ARB, GA

**This issue of "News You Can Use" is dedicated to helping you and your family
Maximize Your Reserve Educational Benefits
And Prepare Your Children to Return to School**

Free Money for School: The Montgomery GI-Bill

The Montgomery GI Bill-Selected Reserve (Chapter 1606 of Title 10) is an educational assistance program for members of the Selected Reserves. Your initial 6-year enlistment made you eligible for this program. The Department of Veteran's Affairs makes the payments for the program.

You may use this education assistance program for degree programs, certificate or correspondence course, cooperative training, independent study programs, apprenticeship/ OJT, and vocational flight training programs.

To qualify, you must meet the following requirements:

- Have a signed 6-year obligation to serve in the Reserves signed after June 30, 1985. If you are an

officer, you must have agreed to serve six years in addition to your original obligation.

- Complete your initial active duty for training (IADT).
- Meet the requirement to receive a high school diploma or equivalency certificate before completing IADT. You may not use 12 hours toward a college degree to meet this requirement.
- Remain in good standing while serving in an active Reserve unit.

training. If you are not clear the VA will inform you and your school about its requirements.

3. Obtain and complete VA Form 22-1990, Application for Education Benefits. Send it to your VA regional office .
4. If you have already started training, take your application and Notice of Basic Eligibility to your school and have them complete VA Form 22-1999, Enrollment Certification, and send all forms to your VA regional office.



How To Apply

1. Meet with an Education and Training Specialist to complete DD Form 2384-1, Notice of Basic Eligibility.
2. Make sure that your selected program is approved VA

For more information, visit www.gibill.va.gov or contact the Base Education Office at 678-655-5001/3834.

Community College of the Air Force (CCAF)

The Community College of the Air Force is a 2-year degree granting institution, which offers certificate and Associate in Applied Science degrees designed for your career field. CCAF is fully accredited by the Commission on Colleges of the Southern Association of Colleges

and Schools.

A CCAF degree program incorporates your military experience with your civilian education. Reservists are automatically enrolled in the degree related to your primary AFSC.

The degrees consist of 64 semes-

ter hours. You may already be just a few hours short of completing your degree.

Contact the Dobbins Education and Training Office at 678-655-5001/3834 for more information. Or, check the CCAF website at www.maxwell.af.mil/au/ccaf.

94 AW Dobbins Family Support Center

Hours: Weekdays 0800-1630
UTA Weekends 0700-1600

Phone: 678-655-5004
Out of area 1-888-436-2246
ext. 5-5004

Email:
94sptg.fr@dobbins.af.mil

Website:
[www.afrc.af.mil/22af/94aw/
fr_default.asp](http://www.afrc.af.mil/22af/94aw/fr_default.asp)

Tuition Assistance Program (TA)

The Air Force Reserve Tuition Assistance Program is available to all participating members of the Air Force Reserve with at least two years retainability. The basic benefit offers 100% tuition reimbursement, not to exceed \$250 per semester hour, \$125 per quarter hour, with a maximum cumulative benefit not to exceed \$3,500 in one fiscal year. Tuition Assistance is an incentive, not an entitlement and is offered each fiscal year as long as funding is available. The application for TA can be disapproved for cause. Additionally, enrollments

will be stopped when funds are depleted in a fiscal year and resumed when additional/new funding is made available. TA is available to Reservists and IMAs for both Distributive Learning and traditional, resident courses taken through a college/university that is nationally or regionally accredited by an accrediting body.

Expanded TA Program

The Expanded TA program allows assistance for graduate degrees.

For more information on Tuition Assistance, please contact the Education Office at 678-655-5001/3834.



Tuition Assistance is an incentive program to help cover the cost of tuition.

CLEP and DANTES

Additional information on the web at

www.collegeboard.com/clep or www.dantes.doded.mil

or Contact the Education Office at 678-655-5001/3834.

The College-Level Examination Program (CLEP) and Defense Activity for Non-Traditional Education Support (DANTES) is free to you and your spouse. Time is everyone's most valuable and scarcest commodity. By reducing the number of courses needed to complete a college degree, CLEP/DANTES can make it easier for students of all ages to complete their degrees more quickly.

- Get credit for what you already know

- Shorten the time to a degree
- Free study guides
- Save tuition dollars.

CLEP & DANTES Subject Standardized Tests examinations are by appointment scheduling on the 1st and 3rd Tuesday of each month, 2 sessions available, 8:30am and 1:30pm and Sundays of UTA weekends at 1:30pm. Times are subject to change. Please contact the education office for scheduling for yourself or your spouse.

Internet Resources for Scholarships and Tuition Assistance

Air Force Crossroads
Military.Com
Scholarship Search
Federal Employees Education & Assistance Fund
Air Force Sergeants Association
Air Force Aid
Commissary Scholarships for
Military Children
Scholarship Resource Network

www.afcrossroads.com
www.military.com/careers
www.estudentloan.com
www.feea.org
www.afsahq.org
www.afas.org/body_grant.htm
www.militaryscholar.org
www.srnexpress.com

Note: When applying for any scholarship, pay close attention to the instructions, eligibility and deadlines.

Suggestions:

1. Be enthusiastic about the upcoming change. If you are excited and confident, your child will be, too.
2. Prepare yourself. Take note of how your child reacts to separation. If possible, visit the new school with your child. Introduce your child to the new teacher or early childhood professional in advance.
3. Arrange a playdate with another child from the program, preferably one-on-one, so that your child will see a familiar face when they walk in.
4. Start daily routines that will add to continuity. Let your child become involved with packing lunch or laying out clothes. Also, begin an earlier bedtime several weeks before.
5. Put aside extra time, particularly on the first day, for chatting and commuting together. But remember not to prolong the good-bye. If your child whines or clings, staying will only make it harder.

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Young Children

1. **Chewy Microwave Granola Bars**
2. **Ginger-Oatmeal Cookies**
3. **Peanut Butter Crispy Rice Bars**
4. **Yogurt Fruit Dip**
5. **Vary the Bread you use for sandwiches.**

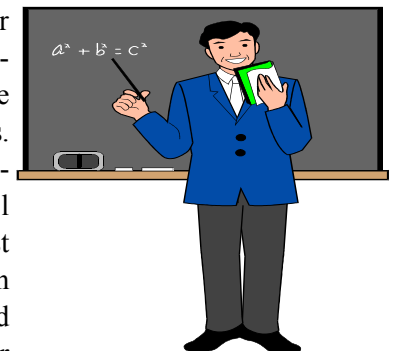
Stay away from foods that require refrigeration or heating.

Tasty and nutritious school lunches can be one of your biggest challenges. One of the surest ways to please your kids and meet the basic dietary guidelines, is to make them part of the planning and shopping. Within reason, try to accommodate their lunch requests, keeping nutrition guidelines in mind.

A nutritious lunch doesn't have to revolve around a traditional sandwich; consider different pita breads or tortilla wrappings filled with a favorite sandwich meat or salad, meat and cheese kabobs, or a macaroni salad. Salsa and chips, assorted pickles, or veggie sticks with dip make a lunch box bonus sure to please most kids. Fun foods like ants on a log, using cookie cutter designs or jiggly gelatin desserts are good choices for younger children.

Back To School

Back to school time often means changes for children and families; the first day of kindergarten or first grade, new preschools or child care settings, new classrooms and new teachers. Making smooth transitions between home, programs and schools can help your children feel good about themselves and teach them to trust other adults and children. Helping children adapt to new situations can ease your mind and give you a chance to become involved in your children's education.



Make homework a time for sharing, bonding and learning.

Making transitions are exciting opportunities for your children to learn and grow. Parents and early childhood professionals share a role in making children feel safe and secure as they move to new educational settings. Of course, such milestones in children's lives can cause anxiety, too. Strengthen the ties between the school and your family by volunteering or joining the PTA. This will help create smooth transitions for you and your children.

Back to School Wardrobes for Less

It's almost here again: Time for your kids to head back to school. Before they set foot on that school bus, you will most likely be heading to the local mall to outfit them for that first day. For moms on a budget, the back to school wardrobe can be a frightening prospect. Your kids are begging for the latest fashions and top of the line name brands, but your wallet wants to head to bargain stores. Here are some tips for getting the most out of your back-to-school buck while still giving kids what they want:

- Realize that brand names DO matter. Kids can be mean, and wearing the "wrong" labels can make your child the target of unwanted teasing and bullying. Teach your kids that their clothes do not define them, but, if possible, *do* allow them to wear some brand names that are in demand.
- Shop at thrift stores. Jeans, jackets, shoes, and shirts can be found for \$1-\$5 per item at your local Goodwill or Salvation Army. Many times shops like these even have half-price or bag days where you can save even more. If you shop frequently, you most likely will be able to find the brand names your kids are looking for. No one will ever know that their "new" name brand sweatshirt was second-hand!
- Buy only one outfit to start with, saving most of your money for later on. Chances are your kids will come home from school having seen all the new trends they missed out on and wished they had. With money left over, they can get what they *really* want. Plus, retailers will start marking down their fall clothes after all the back-to-school shopping has died down a little.

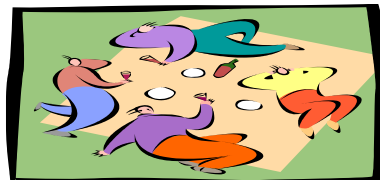


- Use this as an opportunity to teach budgeting skills. Tell your kids how much money you have to spend, and let them participate in the decision-making process.



94 AW ANNUAL FAMILY DAY EVENT

When: 6 September 03
Time: 1200 - 1600



Where: Lakeside Recreation Area
What: Food, Fun, Prizes and Surprises

